

Title	Demonstrate knowledge of the principles of nutrition and their relevance to beauty therapy services		
Level	4	Credits	2

Purpose	People credited with this unit standard are able to demonstrate knowledge of: nutrition in relation to beauty therapy services; and nutritional advice in relation to supporting skin care services.
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Classification	Beauty Services > Beauty Therapy
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Available grade	Achieved
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Explanatory notes

Assessment information

Evidence generated during assessment against this unit standard must be consistent with industry practice and knowledge. Such knowledge is available in reference texts, models, and other information-bearing media. No one textbook or other source of information is envisaged, as new approaches to the study of nutrition and beauty therapy are published regularly.

Evidence generated during assessment against this unit standard must also be consistent with The New Zealand Association of Registered Beauty Therapists, *Code of Ethics for Members of The New Zealand Association of Registered Beauty Therapists Inc.* (9th ed, April 2009) (Auckland, NZ), and The New Zealand Association of Registered Beauty Therapists, *Health and Hygiene Guidelines* (1st ed, August 2016) (Auckland, NZ), both available from <http://www.beautynz.org.nz>.

Outcomes and evidence requirements

Outcome 1

Demonstrate knowledge of nutrition in relation to beauty therapy services.

Evidence requirements

- 1.1 The role of nutritional substances is explained.
Range proteins, carbohydrates, fats, vitamins, minerals, water.
- 1.2 The relationship between nutrition and energy levels is described.
- 1.3 The relationship between nutrition and healthy skin, hair and nails is explained.

1.4 Foods that may have an effect on the skin and skin conditions are identified and the positive and/or negative effect described.

Range a minimum of one food from each of the following food groups – proteins, carbohydrates, fats, vitamins, minerals, water.

1.5 Nutritional products that are used within skin care are identified and their benefits when applied topically are described.

Range vitamins, minerals, essential fatty acids, plant extracts, animal extract.

Outcome 2

Demonstrate knowledge of nutritional advice in relation to supporting skin care services.

Evidence requirements

2.1 The recommended daily intake of food groups is explained.

Range food plate and/or food pyramid.

2.2 Methods for explaining healthy nutritional options and the importance of nutrition to improve and maintain the outcomes of beauty therapy services to clients are described.

Replacement information	This unit standard replaced unit standard 10392.
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Planned review date	31 December 2021
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	15 September 2016	N/A

Consent and Moderation Requirements (CMR) reference	0035
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Please note

Providers must be granted consent to assess against standards (accredited) by NZQA, before they can report credits from assessment against unit standards or deliver courses of study leading to that assessment.

Industry Training Organisations must be granted consent to assess against standards by NZQA before they can register credits from assessment against unit standards.

Providers and Industry Training Organisations, which have been granted consent and which are assessing against unit standards must engage with the moderation system that applies to those standards.

Requirements for consent to assess and an outline of the moderation system that applies to this standard are outlined in the Consent and Moderation Requirements (CMR). The CMR also includes useful information about special requirements for organisations wishing to develop education and training programmes, such as minimum qualifications for tutors and assessors, and special resource requirements.

Comments on this unit standard

Please contact the NZ Hair and Beauty Industry Training Organisation Inc enquiries@hito.org.nz if you wish to suggest changes to the content of this unit standard.